

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Asian Counseling & Referral Service/International District Food Bank 919 South King Street Seattle, WA 98104 Mailing Address: 3639 Martin Luther King Wy S Seattle, WA 98144 Coordinator: Karen Jackel E-mail: karenj@acrs.org Phone: (206) 292-5714 Fax: (206) 695-7606	<i>Disabled/Special Needs</i> Wednesday 10:30 a.m. – 1:00 p.m. <i>General Public</i> Wednesday and Friday 11:30 a.m. – 1:00 p.m. Serves all Asians/Pacific Islanders of Seattle & general public, 98104 Bus Routes #7, #14, #36	No commodities	<ul style="list-style-type: none"> • Baby Cupboard • Proof of address, I.D. • Wheelchair ramp available
Ballard Food Bank 5130 Leary Avenue NW Seattle, WA 98107 Coordinator: Peggy Bailey, Director: Jen Muzia Phone: (206) 789-7800 Fax: (206) 789-3823	Tues: 11:00 a.m. – 6:00 p.m. Wed: 11:00 a.m. – 3:00 p.m. Thurs: 11:00 a.m. – 3:00 p.m. Sat: 11:00 a.m. – 3:00 p.m. Serves all of 98107 and 98117; 98119 98199 Bus Routes #18, #62, #75		<ul style="list-style-type: none"> • Baby Cupboard • Proof of address required • Hygiene bar, mail service: Tues, Wed, Thurs 11 a.m. – 3:00 p.m. • Wheelchair accessible • Food Deliveries to homebound within the food bank service area • Free client mailing address
Beacon Avenue Food Bank United Church of Christ 6230 Beacon Avenue South Seattle, WA 98108 Administrator: Gretchen Tryon E-mail: sgtryon@juno.com Phone: (206) 722-5105	A-M on Wednesdays N-Z on Friday 12 p.m. – 2 p.m. May come once per week Bus Routes #36 (non-trolley bus)	No commodities	<ul style="list-style-type: none"> • Baby Cupboard, third Wed and Friday of each month, Noon - 2 p.m. (must provide proof of existence of baby) • Birth certificate • Original State Identification card • Proof of address, I.D.

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Blessed Sacrament Food Bank 5050 Eighth N.E. Seattle, WA 98105 Coordinator: John Morford E-mail: jmorf1933@comcast.net Phone: (206) 930-6005	Friday 10:30 a.m. – Noon 98105 (part), 98115 (part) Bus Routes #66, #67	No commodities	<ul style="list-style-type: none"> • Proof of address required • Meals every Sunday Noon - 2 p.m. (all are welcome)
Centerstone 722 18th Avenue Seattle, WA 98122 Program Director: Leon Garnett Coordinator: Karen Woodind Phone: (206) 812-4956 Fax: (206) 328-8138	General Public Wednesday Noon – 4:00 p.m. Thursday, 9:00 a.m. – 1:00 p.m. Friday, 9:00 a.m. – 1:00 p.m. 98102, 98112, 98122 Bus Routes #3, #4	Tuesdays, 1:00 p.m. – 4:00 p.m. and with regular distribution, part of 98102, all of 98112 and 98122	<ul style="list-style-type: none"> • Baby Cupboard • Emergency bags available Mon. and Tues. • Wheelchair accessible building, restrooms • Home delivery within limited area
Cherry Street Food Bank/ Northwest Harvest 711 Cherry Street Seattle, WA 98104 Mailing Address: P.O. Box 12272 Seattle, WA 98102 Partner Programs Coordinator: Jenn Tennent jennt@northwestharvest.org Phone: (206) 625-0755 Fax: (206) 625-7518	Monday, Wednesday & Friday 9:00 a.m. – 5:00 p.m. Thursday (baby food & formula) 9:00 a.m. – 5:00 p.m. Bus Routes #3, #4	No commodities	<ul style="list-style-type: none"> • Baby Day, Thursday 9:00 a.m. – 5:00 p.m. Must bring baby, birth certificate, or medical coupons to prove existence of baby. • No other restrictions or requirements.

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Chicken Soup Brigade Lifelong 1161 11th Ave Seattle, WA 98122 Assistant Director: Paul Getzel Phone: (206) 957-1686 Fax: (206) 325-2689	Deliveries Monday - Saturday 10:00 a.m. - 7:00 p.m. Grocery pick-up Fridays 9:00 a.m. - 6:00 p.m. Saturdays 10:00 a.m. - 1:00 p.m. Bus Routes #2, #12	Serving people throughout King County with chronic illness only. Must call prior to visit.	<ul style="list-style-type: none"> • Home-delivered meals and groceries. Nutrition counseling • King County residents with HIV/AIDS & other chronic, challenging illnesses; must be a Chicken Soup Brigade client.
El Centro de la Raza Food Bank 2524 16th Avenue South Seattle, WA 98144 Emergency Services Director: Denise Perez Phone: (206) 329-7960 Fax: (206) 328-2730 E-mail: dperez@elcentrodelaraza.org	Wednesday 3:30 p.m. - 6:30 p.m. (Proof of employment—check stub, etc.) Thursday 9:00 a.m. – Noon Seniors, 60+ (bring picture identification) 1:00 p.m. – 3:30 p.m. All (bring picture identification) Friday 2:00 p.m. – 4:00 p.m. All (bring picture identification) 98108, 98144 and all Latinos from any zip code areas Bus Routes #36, #60	2 nd and 4 th Monday of each month, 2:00 p.m. 4:00 p.m. (please call ahead of time for distribution schedule) Zip codes: 98144, 98108	<ul style="list-style-type: none"> • Baby Cupboard • Deliveries to seniors/homebound • Multi-service center offering housing, job assistance & other services • Wheelchair accessible building, restrooms & parking • TTY

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Emergency Feeding Program of Seattle and King County 851 Houser Way N. Renton, WA 98057 Mailing Address: P.O. Box 18877 Seattle, WA 98118 Office Manager: Marlene Poland Phone: (206) 329-0300 Fax: (206) 860-8200 E-mail: info@emergencyfeeding.org	Monday-Friday Call (206) 329-0300 for referral to nearby agency. Serves all of King County For bus routes to sites, call Metro Rider Information Line at (206) 533-3000.	No commodities	<ul style="list-style-type: none"> • Referrals to 130 food distribution sites in King County for people unable to stand in line, without food, with special needs. • Diabetic, low-sodium, Asian, Latino, East African diet, homeless (no cook), teen snack pack (homeless teens & youth), liquid diet, and infant foods available. • TTY
FamilyWorks Food Bank 1501 N. 45th St. Seattle, WA 98103 Mailing Address: PO Box 31112 Seattle, WA 98103 Manager: Mike Cox Phone: (206) 694-6722 Fax: (206) 694-6777 E-mail: mikec@familyworksseattle.org	Seniors/Persons with Disabilities: Tuesday, 12:00 p.m. – 2:00 p.m. General Public: Thursday, 3:00 p.m. - 7:00 p.m. Friday, 11:00 a.m. – 1:00 p.m. 98103, 98107, 98115, 98133 Bus Routes #44, #16,	Third Saturdays 10:00 a.m. - Noon Partial 98103 and 98107 Call (206) 694-6723 for boundaries	<ul style="list-style-type: none"> • Baby Cupboard • Proof of address & I.D. • Wheelchair accessible building, restrooms & parking • TTY • WIC on site Thursdays • Computer assistance • Employment counseling • Teen Parenting • Tutoring Program • Playgroups <p>Call Resource Center for monthly activity calendar (206) 694-6727</p>

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Immanuel Community Services Food Bank 1215 Thomas Seattle, WA 98109 Coordinator: Patty Turnberg Phone: (206) 622-1930 (church) E-mail: foodbank@immanuelseattle.org	Last two Mondays of every month 11:00 a.m. – 1:00 p.m. All Welcome. No Zip Code Requirement. Bus Routes #8, #70, #71, #72, #73, & #74	No commodities	Special arrangements can be made for people in wheelchairs to pick up food.
Jewish Family Service 1601 16th Avenue Seattle, WA 98122 Coordinator: Jana Prothman Phone: (206) 461-3240 ext. 3174 Fax: (206) 461-3696 E-mail: jprothman@jfsseattle.org	Wednesday 10:00 a.m. – 12:00 p.m. Thursday 2:00 p.m. – 4:00 p.m. Friday 10:00 a.m. – 12:00 p.m. Closed all Jewish holidays 98101, 98112, 98121, 98122 & all members of the Jewish faith Bus Routes #2, #7, #10, #11, #12	No commodities	<ul style="list-style-type: none"> • Kosher foods available • No area restrictions for members of the Jewish faith • I.D. & proof of address required for non-Jewish clientele • Wheelchair accessible • Baby Cupboard

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
North Helpline Lake City Food Bank 12736 33rd Avenue NE Seattle, WA 98125 Director: Kelly Brown: Food Bank: (206) 367-3477 Helpline: (206) 365-8043 Fax: (206) 367-4284 E-mail: foodbank@northhelpline.org	<i>Disabled and over 65</i> Saturdays 10:00 – 11:00 a.m. <i>General Public</i> Saturdays 11:00 a.m. – 1:00 p.m. Wednesday 10:00 a.m. – 1:00 p.m. Thursday 4:30 p.m. – 6:30 p.m. 98115, 98133, 98125, 98177, 98155 Bus Routes: 41, 64, 65, 72, 75, 79, 243, 306, 307, 308, 312, 372, 522	Entire 98125 zip during regular distribution	<ul style="list-style-type: none"> • Proof of address, identification • Baby Cupboard 1st Saturdays • Information and referral to other social service agencies • Funds to prevent evictions and utility shut-offs • No cook bags for unsheltered persons given Tues, Wed., and Thurs. 10:00 a.m.-1:00 p.m. & Thurs, 4:30-6:30, Sat 10am-1pm • RotaCare Free Medical Clinic Saturdays 10:00 a.m. – 1:00 p.m. • Home Delivery for homebound individuals (contact agency first)
Paradise of Praise Food Bank 1316 SW Holden Street Seattle, WA 98106 Phone: (206) 768-2745	Tuesday 10:00 a.m. – Noon Bus Routes 23, 85, 125, 128	No commodities	One visit per week
Phinney Ridge Food Bank 7500 Greenwood Avenue N. Seattle, WA 98103 Mailing Address: 7500 Greenwood Avenue N. Seattle, WA 98103 Coordinator: Sally Thompson Phone: (206) 784-7964 Fax: (206) 783-4614 E-mail: seattlesally2000@yahoo.com	Tuesdays 2:00 pm-3:00 pm Wednesdays 7:00 pm-8:00pm Thursdays 2:00 pm-3:00 pm, 7:00 pm- 8:00 pm	No commodities	<ul style="list-style-type: none"> • Infant supplies • Proof of address • Distribution by appointment only • Can pick up food every two weeks • Wheelchair accessible • Call for appointment between 1-3 p.m. Monday, Tuesday, Wednesday

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Providence Regina House 8201 10th Avenue South #6 Seattle, WA 98108 Program Manager: Jack Wagstaff Phone: (206) 763-9204 Jack.wagstaff@providence.org	Thursdays 12:30 pm - 2:00 pm Saturday 9:00 a.m. – Noon Everyone welcome	Saturday and Thursday 10:00 a.m. – Noon 98108 zip code and 98146--areas between Highway 509/Duwamish River/116 th Street	<ul style="list-style-type: none"> • Baby Cupboard - 1st Sat of the month. "Baby Day" • Clothing bank 9:00 a.m. – 12:00 p.m. Saturdays; Thursdays 12:30 p.m. – 2:00 p.m. • Toddler bags (upon availability) • Holiday Adopt-a-Family Program • Proof of area residency for TEFAP
Pike Market Food Bank 5th Floor Pike Market Parking Garage 1531 Western Seattle, WA 98101 Coordinator: Brian Anderson Phone: (206) 626-6462 (206) 728-2773, ext. 6 Fax: (206) 727-4849 E-mail: brian@pmsc-dtfb.org	Tuesday 10:00 a.m. - 1:00 p.m. Thursday 10:00 a.m. - 1:00 p.m. 98101, 98104, 98121 Clients limited to one visit per week. All busses going to Downtown Seattle, Link Light Rail within walking distance.	Commodities handed out during regular hours. Commodities served for 98101, 98104, and 98121 south of Battery St.	<ul style="list-style-type: none"> • Barrier-free building, restrooms & paid parking • Baby Cupboard • Bring ID with dates of birth and addresses for baby supplies • Limited homebound delivery

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Puget Sound Labor Agency AFL-CIO Community Food Bank 2800 First Avenue, Room 122-130 Seattle, WA 98121 (Entrance in alley between 1st Avenue & 2nd Ave on Clay St.) Mailing Address: 2800 1st Avenue, Room 126 Seattle, WA 98121 Director: Morgan Stine Phone: (206) 448-9277 Fax: (206) 448-3457 E-mail: morgans@pslaonline.org	Monday & Friday 8:00 a.m. – 12:00 p.m. 98101, 98109, 98111, 98121, 98134, 98199 Bus Routes #18 local, #1, #2 local	Commodities available	<ul style="list-style-type: none"> • Wheelchair accessible building. Restrooms upon request • Toddler Bags • Baby Cupboard
Queen Anne Food Bank at Sacred Heart 232 Warren Avenue North Seattle, WA 98109 Operations Manager: Emily Mead Phone: (206) 216-4102 Fax: No Fax E-mail: info@qafb.org	Thursdays 2:00 p.m. – 4:00 p.m. Serves residents living in the following zip code areas: 98101, 98109, 98119, 98121 Bus Routes #1, #2, #3, #13, # 18		<ul style="list-style-type: none"> • Proof of Address and Picture Identification required • Sack Lunch Program Open to all: Monday – Friday 8:30 a.m. – 11:00 a.m. • Toiletries when available
Rainier Valley Food Bank 4205 Rainier Avenue South Seattle, WA 98118 Director: Sam Osborne Phone: (206) 723-4105 Fax: (206) 723-3528 E-mail: info@rvfb.org	Seniors/Disabled Wednesday 9:30 a.m. - 2:00 p.m. General Public Saturday 9:30 a.m. - 2:00 p.m. Everyone welcome Bus Routes #7, #9	Commodities available for residents of 98118 & 98178	<ul style="list-style-type: none"> • Homebound deliveries on Thursdays • Baby Cupboard

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Salvation Army Food Bank 1101 Pike Street Mailing Address: P.O. Box 20128 Seattle, WA 98101 Coordinator: Rebecca Phillips Phone: (206) 447-9944 Fax: (206) 442-8399 E-mail: garyredde@usw.salvationarmy.org	<p>Tuesday 9:00 a.m. – 11:00 a.m. 1:00 p.m. – 3:00 p.m.</p> <p>Wednesday, (Thursday 1:00pm to 5:45pm), Friday 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.</p> <p>98101, 98102, 98104, 98108 (from Georgetown to Downtown Seattle), 98109, 98112, 98118 (from So. Park to White Center), 98119, 98121, 98122, 98134, 98144</p> <p>Bus Routes #10, #11, #14, #43</p>	<p>No commodities</p>	<ul style="list-style-type: none"> • Baby Cupboard • Proof of address, ID for all household members • Limit of three emergency food bags per household per year
Salvation Army White Center 9050 – 16th Avenue SW, 98106 Mailing Address: PO Box 46333 Seattle, WA 98146 Coordinator: Bill Talbot Phone: (206) 767-3150 x 102 Fax: (206) 767-9548 E-mail: bill.talbot@usw.salvationarmy.org	<p>Monday, Wednesday, Friday 1:00 p.m. – 2:00 p.m.</p> <p>98106, 98108 (partial), 98116, 98126, 98136, 98146, 98148, 98158, 98168, 98188 (partial)</p>		<ul style="list-style-type: none"> • Photo ID • Social Security Cards for all household members • Proof of address • Income verification

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Seattle Indian Center 1265 S Main Street, Suite 105 Seattle, WA 98144 Coordinator: Angela Jensen Phone: (206) 329-8700 Fax: (206) 328-5983 E-mail: accounting@seattleindiancenter.org	Tuesday & Thursday 1:00 – 3:00 p.m. Bus Route #7, #8, #14, #36, #60	No commodities	<ul style="list-style-type: none"> • Baby Cupboard • I.D. required • Wheelchair accessible building • No restrooms • No parking
Spiritual Miracles Food Bank 12544 Renton Avenue South Seattle, WA 98178 Director: Cheryl Johnson Phone: (206) 380-6237 Fax: (206) 772-3336 E-mail: cjohnson206@clearwire.net	General Public Monday and Thursday 3:00 p.m. – 5:00 p.m. Emergency Food bags as needed 98055;98056; 98057 98108; 98118; 98144; 98168; 98178; 98198 Bus Route #106	No commodities	<ul style="list-style-type: none"> • Wheelchair accessible • Proof of Address and • Photo ID
St. Vincent de Paul Food and Clothing Bank 5972 4th Avenue South Seattle, WA 98108 Coordinator: Nathan McMonagle Phone: (206) 767-9975 Ext. 1127 Fax: (206) 767-6439 E-mail: nathanm@svdpseattle.org	Tuesday & Thursday 11:00 a.m. – 2:00 p.m. Homeless Only. Fridays 11:00am 12:00 pm 98108, 98134,98168, 98178, 98188 Bus Routes #131, #132	Same as regular distribution North: Dearborn at Elliott Bay, East to I-5; South to Charlestown; Charlestown east to 32 nd Avenue South East: 32 nd Avenue South to I-5 South: Kenyon Street at the Duwamish River, east to 32 nd Street West: Duwamish Waterway at 509 N to the West Waterway (includes Harbor Island) North to Elliott Bay	<ul style="list-style-type: none"> • Baby Cupboard • Clothing Bank • Household items • Wheelchair accessible building and restrooms. Special arrangements can be made for wheelchair accessible parking. Must bring valid ID for check in. Must have proof of all individuals.

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
The Food Bank @ St. Mary's Walk-in Food Bank 611 – 20th Avenue South Seattle, WA 98144 Director: Alison Pence General Info: (206) 324-7100 x18 Phone: (206) 324-7100 x21 Fax: (206) 324-0050 E-mail: alison@thefbsm.org	Tuesday, Thursday, Saturday 10:00 a.m. – 1:00 p.m. Walk-in food bank available to all Seattle residents Bus route #14	Commodities with regular distribution for east half of 98144 Seattle city limits	<ul style="list-style-type: none"> • Baby Corner—first full week of month • Hygiene products—given out as they are donated • Toddler bags • No cook bags for homeless • Wheelchair accessible building and parking on the street or in the lot. • Please bring I.D. and bag for groceries
The Food Bank @ St. Mary's Home Delivery Service 611 – 20th Avenue South Seattle, WA 98144 Director: Alison Alfonso Pence Phone: (206) 324-7100 x23 Fax: (206) 329-0050 E-mail: alison@thefbsm.org	Deliveries are made Wednesday from 9:00 a.m. to 7:00 p.m. to homebound seniors and individuals who live in the Central Seattle area. 98144, 98104, 98122, 98112 Bus route #14, 27, 8, 48, 4	Commodities for home delivery	
University District Food Bank 1413 N.E. 50th Seattle, WA 98105 Mailing Address: 4731 15th N.E. Seattle, WA 98105 Executive Director: Joe Gruber Phone: (206) 523-7060 E-mail: udfb@udistrictfoodbank.org	Monday and Friday 9:00 a.m. – 3:00 p.m. Tuesday, Thursday 2:00 – 8:00 p.m. Closed Wednesdays 98102, 98103, 98105, 98112, 98115, 98125 Bus #70, #71, #72, #73, #74, #48	Same as regular hours Commodities given out to zip codes 98105, 98115, 98125 only	<ul style="list-style-type: none"> • Baby Cupboard • Proof of address, I.D. • Special arrangements can be made for people in wheelchairs to pick up food in alley access

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
Volunteer Park Seventh-day Adventist Church Food Bank 1300 East Aloha Street Seattle, WA 98102 Program Director: Mariano Timple Phone: (206) 325-5544 E-mail: aronious@msn.com Closed for now. Will let us know when they re-open	Tuesday 11:00 a.m. – 2:00 p.m. 98102, 98112, 98101, 98122	No commodities	<ul style="list-style-type: none"> Breakfast served to the public Tuesday – 10:30 a.m. – 11:30 a.m. 1st and 3rd Saturday of month: 9:30 a.m. – 10:30 a.m.
Volunteers of America Greenwood Food Bank 9041 Greenwood Ave. North Seattle, WA 98103 Contact: Cynthia Cantrill, Food Bank Manager Phone: (206) 782-6731, x1004 Cynthia Cantrill ccantrill@voaww.org	General Public Monday 3:00 pm – 7:00 pm Wednesday 1:00 pm – 5:00 pm Thursday 12:00 am – 3:00 pm Seniors/Disabled: 10:00 a.m. – 12:00 p.m. 3 rd Saturday 10:00 am – 2:00 pm Parts of 98103, 98117, 98133, All of 98177 Bus Route #5, #355, near #48 bus route	Commodities General Public Month-long during regular food bank hours. Northwest area of Seattle-King County.	<ul style="list-style-type: none"> Baby Cupboard during distribution Toddler bags Wheelchair accessible bldg. & parking Home deliveries for seniors/disabled Proof of address, Photo ID Please bring bags for groceries

Food Banks Serving Seattle/King County

Food Bank	Regular Distribution (Days/Hours of Operation/Geographic Area Served)	Commodities Distribution Days/Hours of Operation/Geographic Area Served	Other Services/Requirements
West Seattle Food Bank 3419 SW Morgan Street Seattle, WA 98126 Coordinator: Fran Yeatts Phone: (206) 932-9023 Fax: (206) 938-8623 E-mail: fran@westseattlefoodbank.org	Seniors Tuesday 9:00 a.m. - 11:00 a.m. General Public Wednesday 4:00 - 7:00 p.m. or Thursday 10:00 a.m. - 1:00 p.m. 98106, 98116, 98126, 98136 Bus Routes #21, #22, #54, #55, #37	With regular food distribution 98116, 98106, 98126, 98136 (West Seattle area north of Roxbury Street) Business Hours & emergency funding Monday thru Friday 9:00am to 3:00 pm	<ul style="list-style-type: none"> • Baby Cupboard during distribution • Toddler bags • Proof of address • Wheelchair accessible building • Some homebound delivery available to seniors/disabled in W. Seattle
White Center Food Bank 10828 8th Avenue SW Seattle, WA 98146 Next to White Center Public Health Executive Director: Rick Jump Phone: (206) 351-6739	Monday, Wednesday & Friday 11:00 a.m. – 1:00 pm 2 nd & 4 th Wednesday 6:00 – 8:00 p.m. Third Saturday 11:00 am – 1:00 pm Seniors (60+) Thursdays 11:00 am to 1:00 pm 98106, 98126, 98136, 98146 Boundaries: N - 7000 block to Myrtle; S - S.W. 140th; W - Puget Sound; E - to State Highway 509 Bus Route #128	Monday, Wednesday & Friday 11:00 a.m. – 1:00 pm Seniors (60+) Thursdays 11:00 am to 1:00 pm	<ul style="list-style-type: none"> • Proof of address, I.D., and birthdates for each household member • Wheelchair accessible building & parking

King County Food Banks

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Algona/Pacific Food Pantry 603 Third Avenue SE Pacific, WA 98047 Coordinator: Vada Ziegler Phone: (253) 351-0450	Tuesday 11:00 a.m. to 2:00 p.m.		<ul style="list-style-type: none"> Well Child Clinic Toys at Christmas <p>*Information not updated prior to publication. Please contact office for food bank hours.</p>
Auburn Food Bank, The 930 18th Place N.E. Auburn, WA 98002 Mailing Address: P.O. Box 464 Auburn, WA 98071 Phone: (253) 833-8925 E-mail: debbiec@christensenfoodbank.org Web: www.theauburnfoodbank.org	Monday, Tuesday, Thursday, Friday 9:00 a.m. - 1:15 p.m. Second Wednesday 4:30 p.m. - 6:30 p.m. Second Saturday - Senior Deliveries – by application Auburn School District Metro Bus Routes # 152 / 180 / 181	Monday, Tuesday, Thursday and Friday 9:00 a.m. - 1:15 p.m. Second Wednesday 4:30 - 6:30 p.m. Second Saturday - Senior Deliveries – by application Auburn School District Metro Bus Routes #152 / 180 / 181	<ul style="list-style-type: none"> Current proof of address, I.D. Emergency financial assistance with proof of need on the last working day of the month, first come first serve.
Black Diamond Community Center Food Bank 31605 Third Avenue Black Diamond, WA 98010 Mailing Address: P.O. Box 480 Black Diamond, WA 98010-0480 Phone: (360) 886-1011 Fax: (360) 886-8947 E-mail: bdcc-admin@qwest.net	Business Hours Monday-Friday 8:00 a.m. – 4:30 p.m. Distribution Hours Monday-Friday, 1pm-4pm Enumclaw, Black Diamond, Ravensdale, Maple Valley, Covington, and Kent 98042 Residents Bus Routes 143 and 149		Salvation Army funds available for Puget Sound Energy (January-April), rent assistance year-round, gas vouchers for medical appointments. Clients must provide shut-off or eviction notices, proof of residency and low-income status. Clients need to call for more details and to make appointments. Only these zip codes served for Salvation Army assistance: 98010, 98038, 98051, and 98042. For all other areas, call Salvation Army Headquarters in Seattle for the appropriate locations.

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Concerned for Neighbors Food Bank- Mountlake Terrace 4700 228th S.W. Mountlake Terrace, WA 98043 Acting Director: Anne Peterson Phone: (425) 778-7227 E-mail: concerned4neighborsfoodbank@yahoo.com Web: concerned4neighborsfb.org	General Public Tuesday 9:30 a.m. - 11:30 a.m. Bus Routes #418, #401, #403, #140	General Public Tuesday 9:30 a.m. - 11:30 a.m.	<ul style="list-style-type: none"> • Proof of address, I.D. for family members; photo identification and copy of utility bill
Des Moines Area Food Bank Des Moines Methodist Church 22225 Ninth Avenue South Mailing Address: P.O. Box 98788 Des Moines, WA 98198-0788 Coordinator: Chris VanGasken Phone:: (206) 878-2660 Fax: (206) 878-2661	Monday, Wednesday, Friday 9:00 – 11:45 a.m. 3 rd Tuesday 6:00 p.m. – 8:00 p.m. Des Moines, most of Sea-Tac and West Hill of Kent (call for street information) 98166, 98148, 98168, 98188, 98198, 98032 Bus Routes: #130, #132	Monday, Wednesday, Friday 9:00 – 11:45 a.m. Tukwila, Des Moines, Sea-Tac and West Hill of Kent (call for street information)	<ul style="list-style-type: none"> • Low-income, photo I.D. for all adults and medical coupons/Social Security cards required for all children • Proof of address • Closed all legal holidays • Rent agreement
Edmonds Food Bank (Carol Rowe Mem.) Edmonds Methodist Church 828 Caspers Street Edmonds, WA 98020 Coordinator: Peggy Kennedy Phone: (425) 778-5833 Mon – Tues; (425) 778-2119 Wed – Fri Fax: (425) 778-3431	Disabled Tuesday: 9:30 a.m. – 10:00 a.m. Edmonds Residents Only Tuesday: 10:00 – 11:00 a.m. General Public Tuesday: 11:00 a.m. – Noon		

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Emergency Feeding Program-Eastside/Bellevue 851 Houser Way N Renton, WA 98057 Mailing Address: PO Box 18877 Seattle, WA 98118 Office Manager: Marlene Poland mpoland@emergencyfeeding.org Phone: (425) 653-1652 Fax: (206) 860-8200	Call 206-329-0300 for referral to nearby distribution centers in Bellevue, Kirkland, Redmond, and Bothell, Monday-Friday All of Eastside Call Metro Rider Information Line for bus routes, (206) 553-3000	No commodities	<ul style="list-style-type: none"> ● Referrals to Eastside distribution sites for people without food ● No standing in line ● Diabetic, low-sodium Latino, Asian, homeless (no cook), teen snack pack(for homeless teens), liquid diet. infant foods, food packs for vegan and lactose intolerant diets are also available
Enumclaw Kiwanis Food Bank 1350 Cole Street Enumclaw, WA 98022 Coordinator: Vicky Stratton Phone: (360) 825-6188	Monday, Tuesday & Wednesday 9:00 – 11:45 a.m. Enumclaw School District #216, including Black Diamond 98010, 98022, 98048, 98051	Monday, Tuesday & Wednesday 9:00 – 11:45 a.m. Enumclaw School District #216, including Black Diamond 98010, 98022, 98048, 98051	Current utility bill and picture I.D.

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
<p>Federal Way Food Bank/Multi-Service Center 1200 S. 336th Street Federal Way, WA 98003</p> <p>Mailing Address P.O. Box 23699 Federal Way, WA 98093</p> <p>Director: Terri Turner</p> <p>Phone: (253) 838-6810 (center) Fax: (253) 874-7831 E-mail: territ@multi-servicecenter.com</p>	<p>Disabled Mon, Wed, & Fri 9:30 – 10:00 a.m.</p> <p>General Public Mon, Wed, & Fri 10:00 a.m. – 2:00 p.m.</p> <p>Working Families Fourth Thursday 5:00 – 6:00 p.m. (except Nov. & Dec.)</p> <p>98003, 98023, parts of 98001, and 98032 Federal Way School District, Except Woodmont & Redondo Areas; call if unsure. Parts of 98422 (NE Tacoma)</p> <p>Bus Route #182</p>	<p>Mon, Wed, & Fri 10:00 a.m. – 2:00 p.m.</p> <p>98003, 98023, parts of 98001, and 98032, includes Federal Way School District, except Redondo and Woodmont areas</p>	<ul style="list-style-type: none"> • Proof of address within the last 30 days (utility bill, or medical coupon) • Social Security card for first visit, if available • Clothing bank serves all South King County residents, Mon., Wed., & Fri., 10:00 a.m. - 1:15 p.m. • Bring bags or boxes to carry food
<p>Highline Area Food Bank 18300 4th Avenue South Seattle, WA 98148</p> <p>Coordinator: Mike Werle</p> <p>Phone: (206) 433-9900</p>	<p>Tuesday 12:00 - 2:30 p.m. Thursday 10:00 a.m. – 12:30 2nd Tuesday 5:30 p.m. – 7:00 p.m.</p> <p>W - Puget Sound, E - Military Road and International Avenue, S - 192nd Street, N - 140th Street; N-116th; East of 1st to Tukwila</p> <p>Bus Routes #166, #132</p>	<p>Tuesday 12:00 - 2:30 p.m. Thursday 10:00 a.m. – 12:30</p> <p>W - Puget Sound, E - Military Road and International Avenue, S - 192nd Street, N - 140th Street; N-116th; East of 1st to Tukwila</p> <p>Bus Routes #166, #132</p>	<ul style="list-style-type: none"> • Picture I.D. & utility bill less than two months old • Medical coupons or school records for all dependents

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Hopelink Bellevue 14812 Main St Bellevue, WA 98007 Coordinator: Jordan Whitley Phone: (425) 943-7555	Monday 10:00am-2:00pm Tuesdays 3:00pm-7:00pm Wednesdays Thursdays 10-12/1230-2 98004, 98005, 98006, 98007, 98008, 98009, 98015, 98039, 98040, 98056, 98059- Newcastle city limits only	With regular food distribution	<ul style="list-style-type: none"> • Call for an appointment to register • Emergency Financial Assistance •
Hopelink Kirkland/Northshore 11011 120th Avenue NE Kirkland, WA 98033 Phone: (425) 889-7880	Monday & Wednesdays 10:00 a.m. – 4:00 p.m. Tuesday & Thursdays 12:00 p.m. – 6:30 p.m. 98033, 98034, 98011, 98012, 98021, 98028, 98072, 98077 Bus Routes #230, #231, #234, #251, #254, #255, #275, #931	With regular food distribution	<ul style="list-style-type: none"> • Call for an appointment to register • Emergency Financial Assistance
Hopelink Redmond 16725 Cleveland St. Redmond, WA 98052 Phone: (425) 882-0241	Disabled & Seniors 1 st & 3 rd Thursdays 10:30 a.m. – 12:00 p.m. 2 nd & 4 th Thursdays 10:30 a.m. – 12:00 p.m. 2 nd & 4 th Tuesdays 2:30 p.m. – 4:30 p.m. 1 st & 3 rd Wednesdays 5:30 p.m. – 7:00 p.m. 98052, 98053, 98074	With regular food distribution	<ul style="list-style-type: none"> • Call for an appointment to register • Emergency Financial Assistance (including 98027, 98029, 98075) • Emergency shelter • LIHEAP energy assistance • Transportation program • Transitional housing

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Hopelink Shoreline/Lake Forest Park 15809 Westminster Way North Shoreline, WA 98133 Phone: (206) 440-7300	1 st & 3 rd Tuesday Morning Foodbank 10:00 a.m. – 1:00 p.m. 2 nd & 4 th Wednesdays 10:30 a.m. – 1:00 p.m. 2 nd & 4 th Tuesdays 5:00 p.m. – 7:45 p.m. 98133, 98155, 98160, 98177, all north of 145 th and Lake Forest Park Bus Routes #358	With regular food distribution	<ul style="list-style-type: none"> • Call for an appointment to register • Emergency Financial Assistance • Programs available: Energy Assistance; Financial Assistance; Adult Education; Family Development • Job Development
Hopelink Sno-Valley 31957 Commercial St. Carnation, WA 98014 Phone: (425) 333-4163	Regular and Fresh Foods 1 st & 3 rd Thursdays 12:00 p.m. – 1:30 p.m. 2 nd & 4 th Wednesdays 5:30 p.m. -6:45 p.m. 98014, 98019, 98024, 98045, 98050 – north of I-90, 98065, 98068 Snoqualmie Pass within King County, 98224, 98228, 98294 Bus Routes #922, #929	With regular food distribution	<ul style="list-style-type: none"> • Call for an appointment to register • Emergency Financial Assistance • Clothing bank • Free Meal
Issaquah Food & Clothing Bank 179 First Avenue S.E. Issaquah, WA 98027 Director: Cori Walter Phone: (425) 392-4123 Fax: (425) 392-5836 cori@issaquahfoodbank.org www.issaquahfoodbank.org	Client Services Mondays 5:00-7:00 Tues., Wed. & Thurs. 10:00 a.m. - 1:00 p.m. General Public / Business Hours Mon-Fri. 8:00am – 4:00pm 98027, 98029, 98059, 98075 Bus Route #200	Client Services Tues., Wed. & Thurs. 10:00 a.m. - 1:00 p.m.	<ul style="list-style-type: none"> ☐ Utility bill & picture I.D. ☐ Clothing Bank serves Issaquah, Carnation, Fall City, Maple Valley & Renton North bend, Snoqualmie <ul style="list-style-type: none"> • Food Bank only serves Issaquah.

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Kent Food Bank and Emergency Services 515 West Harrison Street, Suite 107 Kent, WA 98032 Director: Jeniece Choate Phone: (253) 520-3550 kentfoodbank@gmail.com	Monday, Tuesday, Wednesday & Friday 10:00 a.m. - 2:00 p.m. 2 nd Wednesday 5:00 – 6:00 p.m. Kent School District boundaries Bus Routes #150, #153, #164, #166, #168, #169, #914, #916	Commodities distributed same time as food bank Kent School District boundaries	<ul style="list-style-type: none"> • Proof of address within last 30 days (medical coupon, utility bill) • Clothing Bank Mon., Tues, Wed, Fri 10:00 a.m. – 12: 30 p.m. • Emergency financial assistance with proof of need by appointment only
Kent Food Bank Annex @ Springwood 27360 129th Avenue S.E., Bldg. #11 Kent, WA 98031 Director: Jeniece Choate Phone: (253) 981-3145 (answered Thursday only)	Thursday 10:00 a.m. – 1:00 p.m. Kent School District boundaries	Same as food bank distribution Kent School District boundaries	Current proof of address within the last 30 days
Lynnwood Food Bank Lynnwood Church of the Nazarene 5320 176th St. S.W. Lynnwood, WA 98036 Phone: (425) 745-1635 Director: Judy Finn Website: Lynnwood Foodbank.org Email: lynnwoodfoodbank@comcast.net	Wheelchair, Oxygen, & State paid caregiver Only Wednesday 2:00 – 2:30 p.m. General Public Wednesday 2:30 - 6:30 p.m. Seniors over 65 and disabled may come in during other times. Services Lynnwood residents. Persons out of the area are served and referred to closer food bank. Bus Routes #418, #401, #403, #620, #621		Proof of residency Picture ID, current utility bill Proof of household members

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Maple Valley Food Bank and Emergency Services 21415 Maple Valley Highway Maple Valley, WA 98038 Mailing Address: P.O. Box 322 Maple Valley, WA 98038 Executive Director: Lila Henderson Phone: (425) 432-8139 Fax: (425) 432-7932 E-mail: lila@fbeshelp.org	Tuesday, Wednesday & Thursday 10:30 a.m. - 1:00 p.m. Second Thursday 5:30 - 7:00 p.m. Tahoma School District boundaries, City of Covington and parts of Black Diamond Bus Route #143	Monday, Wednesday & Thursday 10:30 a.m. - 1:00 p.m. Second Thursday 5:30 - 7:00 p.m. Tahoma School District boundaries, City of Covington and parts of Black Diamond	Current proof of address & photo I.D.
Mount Si Helping Hand Food & Clothing Bank North Bend Comm. Church 122 East 3rd Street North Bend, WA 98045 Coordinator: Marilyn Erlitz Phone: (425) 888-0096 E-mail: mtsifoodbank@yahoo.com	Tuesdays 9:30 a.m. - 6:30 p.m. North Bend, Snoqualmie: 98024, 98045, 98065 Bus Route #214		<ul style="list-style-type: none"> • Number & ages of family members; proof of address • I.D. required • Clothing bank • Call 888-0096 for Emergencies (Motel, DV, Medical- Gas cards- Case by case basis)
Muckleshoot Food Bank North of Muckleshoot Tribal School 39015 – 172nd Avenue S.E. Auburn, WA 98092 Director: Dawn Miller Phone: (253) 876-3336 Fax: (253) 833-5133	Monday – Friday 10:00am-4:00pm Rural area between Auburn and Enumclaw Bus Routes #915, 195	First week of each month (call first) for actual day.	<ul style="list-style-type: none"> • Proof of address; picture ID • Clothing Bank • Emergency services i.e., rental assistance, utility assistance, bus tokens *Information not updated prior to publication. Please contact office for food bank hours.

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Renewal Food Bank World Impact Network MA: 12819 S.E. 38th Street PMB #53 Bellevue, WA 98006-1395 Food Bank Address: 15022 Bel-Red Road Bellevue, WA 98007 Director: Rich Bowen Phone: (425) 736-8132 Fax: (425) 957-1650	Monday & Wednesday 10:00 a.m. – 1:00 p.m. Tuesday 4:00 – 6:30 p.m.		None.
The Salvation Army 720 South Tobin Renton, WA 98057 Food Bank: 221 Morris St. Must first come to office for food bank slip. Phone: (425) 255-5969 Fax: (425) 228-7014	Monday through Friday 9:00 a.m. - 4:00 p.m. Renton/Fairwood: 98055, 98056, 98057, 98058, 98059 Skyway: 98178 Bus Route #101	Commodities given during office hours. No specific day. Zip Codes: 98055, 98056, 98057, 98058 (partial), and 98059 (partial), 98178	<ul style="list-style-type: none"> • Baby Cupboard • Utility or phone bill showing address, photo I.D., Social Security card for all household members • 4-month Food voucher issued to all clients who have used food bank 6 months or longer. • Bus tickets • Rent assistance • Emergency housing assistance <p>*Information not updated prior to publication. Please contact office for food bank hours.</p>

Food Bank	<u>Regular Distribution</u> Days/Hours of Operation/Geographic Area Served	<u>Commodities Distribution</u> Days/Hours Of Operation/Geographic Area Served	Other Services/Requirements
Tukwila Pantry At the Riverton Park United Methodist Church 3118 South 140th (on Military Rd and 140th) Tukwila, WA 98168 Coordinator: Joe Tice Phone: (206) 431-8293 E-mail: j040959@msn.com	Tuesday & Thursday 1:30. – 3:30 p.m. Saturday 12:30 p.m. – 2:30 p.m. Closed on all federally recognized holidays Tukwila, Sea-Tac, Burien and Boulevard Park areas Bus route #128		<ul style="list-style-type: none"> • Bring picture ID and current utility bill for proof of address • New clients may register Tuesday and Thursday • Meal Program: Tuesday's Table, 5:30 p.m. – 6:15 p.m.
Vashon/Maury Community Food Bank 10030 210th St. SW Vashon, WA 98070 (next to Health Clinic) Mailing Address: P.O. Box 1205 Vashon, WA 98070 Coordinator: Yvonne Pitrof Phone: (206) 463-6332 Fax: (206) 463-5513 E-mail: yvonne@vashonfoodbank.org	Wednesday 11:00 a.m. – 1:00 p.m. & 5:00 p.m. – 7:00 p.m. Disabled & over 65 4:30 p.m. – 5:00 p.m. Vashon/Maury Island residents Bus Routes #118, #119	Third Wednesday 11:00 a.m. – 1:00 p.m. & 5:00 – 7:00 p.m. Vashon/Maury Island residents	Home delivery where needed Wednesday mornings

Other Important Emergency Food Service Information

Agency/Program	Services/Assistance Provided
CITY OF SEATTLE HUMAN SERVICES DEPARTMENT EMERGENCY FOOD PROGRAMS 700 5 th Avenue Suite 5800 PO Box 34215 Seattle, WA 98124-4215 Fe E. Arreola, (206) 684-0281 Edwin Obras (206) 684-0419 E-mail: fe.arreola@seattle.gov edwin.obras@seattle.gov http://www.cityofseattle.net/humanservices	Manage contracts for emergency food programs receiving City funds. Provide training and technical assistance to emergency food program subcontractors and provide additional resources to agencies and the general public. Work with local, regional, state and federal organizations that focus on anti-hunger and nutrition policies and initiatives. Participate on projects related to Transitional Living and Support Division and Department-wide initiatives.
COMMUNITY INFORMATION LINE 2-1-1; (206) 461-3200 (After 6:00 p.m. & on weekends, call the Crisis Clinic, (206) 461-3222) Toll free #: 1-800-621-4636	Makes referrals to food banks, meal programs and other emergency assistance programs throughout King County.
EMERGENCY FOOD NETWORK 3318 92 nd St S Lakewood, WA 98499 (253) 584-1040 E-mail: receptionist@efoodnetwork.org	Distributes food to food banks and emergency meal programs. Provides referrals to food banks in Pierce County.
FAMILY ASSISTANCE PROGRAM 1501 N. 45 th Street Seattle WA 98103 Client Intake: (206) 694-6742	Provides advice, referral and representation for DSHS benefits cases including denials, terminations, reductions and overpayments. The DSHS benefit programs include food stamps, Temporary Assistance to Needy Families (TANF) and Disability Lifeline. Provides outreach and education to clients at food banks, shelters, and other programs. Provides training to program staff regarding benefits.
FOOD LIFELINE 1702 N.E. 150th, Shoreline, WA 98155 (206) 545-6600 info@fll.org	Food Lifeline is a local hunger relief organization, efficiently serving the Western Washington area. Last year FLL delivered more than 27 million meals to hungry people through our network of nearly 300 neighborhood food banks, hot meal programs and shelters . In 2011, FLL helped feed more than 745,000 hungry people in local communities. Food Lifeline is also the local member of the nation's largest hunger relief organization, Feeding America .
FOOD RESOURCES/SOLID GROUND 1501 North 45 th Street Seattle, WA 98103 General Information/Referral (206) 694-6756 E-mail: foodresources@solid-ground.org	Provides referrals to food banks and meal programs, staffing to Seattle Food Committee, assistance with State funding paperwork, monthly food community activity calendar, data collection, facilitate and coordinate the delivery of food to member food banks; Baby Boost workshops; Food Security for Children Project; and Lettuce Link Project.
NORTHWEST HARVEST 711 Cherry Street/P.O. Box 12272 Seattle, WA 98102 Offices: (206) 625-0755/Warehouse: (206) 285-0237 Jenn Tennent: jennt@northwestharvest.org	Distributes food to emergency food programs throughout Washington state. See food bank listing under "Cherry Street Food Bank" for description of food bank services/hours.
SNOHOMISH COUNTY COMMUNITY INFORMATION LINE (425) 258-4227, 2-1-1	Provides referrals to food banks in Snohomish County.

Agency/Program	Services/Assistance Provided
MULTI-SERVICE CENTER 1200 South 336th Federal Way, WA 98003 (253) 838-6810	Provides emergency food and other social services.
WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICES (DSHS) (Region 2/includes King County) (1-877-501-2233)	Informs potential recipients about benefits and requirements of the program and assist individuals through the application process. Call for closest site/educator.
WIC (WOMAN, INFANT & CHILDREN'S SUPPLEMENTAL FOOD PROGRAM) 1-800-841-1410	Provides vouchers to purchase nutritious foods for pregnant/breast feeding women, infants, and young children up to age five.